

How to Build a Gluten-Free Snack

A gluten-free diet can include wholesome, balanced meals and snacks that are packed with flavor and easy to make. This handout gives you the building blocks as well as some creative ideas to get you started with your gluten free-snacking!

VEGETABLE

Artichokes
 Arugula
 Asparagus
 Beets
 Bok choy
 Broccoli
 Brussel sprouts
 Cabbage
 Carrots
 Cauliflower
 Cucumber
 Eggplant
 Endive
 Green beans
 Kale
 Lettuce
 Mushrooms
 Peppers
 Radicchio
 Snap peas
 Squash
 Spinach
 Sugar snap peas
 Sweet potato
 Tomato
 Yam
 Yucca

FRUIT

Apples
 Apricot
 Avocado
 Banana
 Blackberries
 Blueberries
 Cherries
 Cranberries
 Figs
 Grapefruit
 Grapes
 Guava
 Kiwi
 Mango
 Melon
 Nectarines
 Oranges
 Papaya
 Passion fruit
 Peaches
 Pears
 Pineapple
 Plantain
 Raspberries
 Star fruit
 Strawberries
 Tangerine
 Watermelon

Enjoy fresh, frozen or canned fruit! Dried fruit should be consumed in moderation.



DAIRY & DAIRY ALTERNATIVES

Almond milk
 Cashew milk
 Coconut milk
 Cow's milk (skim, 1% or 2%)
 Cottage cheese
 Low-fat yogurt
 Hemp milk

Super 6 GRAINS

Amaranth
 Buckwheat
 Millet
 Sorghum
 Teff
 Quinoa

OTHER SNACKS

Air-popped popcorn or popped sorghum
 GF dry cereal
 GF rice or corn cakes
 GF granola
 GF waffles
 GF bread or crackers
 Sorbet
 GF pudding
 GF Corn tortilla

SEEDS/NUTS

Almonds
 Almond butter
 Brazil nuts
 Chestnuts
 Hazelnuts
 Macadamia nuts
 Pecans
 Pine nuts
 Pistachios
 Peanuts (a legume)
 Peanut butter
 Pumpkin seeds
 Sesame seeds
 Sunflower seeds
 Walnuts/walnut butter
 Ground flax seed
 Chia seed

PROTEIN

Chicken
 Edamame (soybean)
 Edamame hummus
 Hard-boiled eggs
 Hummus
 Lentils
 Low sodium GF deli meat
 Sardines or Salmon
 Tuna
 Turkey

Try different fruits & veggies!

*Read all labels to ensure that all grains, nuts, seeds, snacks and non-dairy beverages are **labeled** gluten-free*

GF= gluten free



SNACK COMBINATIONS



Sweet

- GF waffle or toast topped w/ peanut butter, honey, and cinnamon
- Energy bites: mix peanut butter, nuts, GF flour, dark chocolate chips, chia/ ground flax seed; roll into balls and refrigerate
- Bulk up homemade GF muffin or cookie mix; add in chopped nuts, seeds, or mashed fruit
- Fruit parfait: layer fresh fruit, GF yogurt and GF cereal
- Banana sushi: spread your favorite nut butter or chocolate spread on a banana then sprinkle w/ coconut, chia seeds, or chopped nuts
- Chocolate chia pudding made w/ cacao powder and topped w/ dried fruit or chocolate shavings
- Baked sweet potato sprinkled with cinnamon
- GF ice cream or sorbet with GF cone

Savory

- Plain, unsalted nuts or seeds with dried fruit (servings = 1 handful)
- Plain air-popped popcorn or sorghum w/ olive oil, herbs and spices
- GF English muffin with tomato sauce, olives and melted cheese
- GF grain (buckwheat, teff, quinoa...) with chopped veggies and olive oil/herb dressing
- Trail mix: unsalted nuts, dried fruit, GF cereal/ pretzels, and small pieces of dark chocolate
- Baked potato bar: add veggies (broccoli), cheese, sour cream, black beans, or seeds and salsa
- Tuna mixed w/ lemon juice and GF yogurt on high fiber GF crackers
- Baked GF corn chips with low-fat cheese or sour cream
- Brown rice noodles w/ steamed vegetables, tofu and GF soy sauce

Make sure nuts, seeds, and chocolate are labeled gluten-free.

On the go?

Be prepared and grab one of these!

Bumble Bar	No Nuttin bars
Enjoy Life Foods	Omega Smart
Glutino Bars	Pure Fit
KIND	Think Thin
LaraBar	Zing Bars

ON-LINE SOURCES TO FIND ADDITIONAL GLUTEN-FREE SNACK IDEAS AND RECIPES

- Gluten-Free Snacking: <http://www.bidmc.org/Centers-and-Departments/Departments/Digestive-Disease-Center/Services/Celiac-Center/CeliacNow/NUTRAGFD/GFSNCKNG.aspx>
- Shopping for Gluten Free (GF) Snacks and Mini Meals: <http://www.spin350.com/ceciacnow/docs/SnacksShoppingList.pdf>
- Gluten Intolerance Group: Easy-to-Find and Easy-to-Fix Foods: <http://www.gluten.org/wp-content/uploads/2015/01/Easy-to-find-11-2013.pdf>
- Carol Fenster: www.carolfenster.com
- Celiac Disease and Gluten-Free Diet Information: www.celiac.com
- Gluten-Free Girl: www.glutenfreegirl.com
- Gluten Free Goddess: <http://glutenfreegoddess.blogspot.com/>
- gfJules: <https://gfjules.com/>